

FOOD & FUN FOR EVERYONE

Eating healthy and staying active can be challenging with COVID still around. Here are some ideas to help you keep your family healthy while having fun!

Eat Healthy This Fall

- It's apple season again! Fun can be had with apples in many ways. Try dipping apples in nut butters or cinnamon. Make faces with the apples using raisins or other dried fruits. Slice and bake those apples for a delicious sweet snack.
- Butternut, pumpkin, acorn, spaghetti and delicata are just a few of the different kinds of winter squash available. Try them baked, boiled or in soups for a delicious treat. You can also cook and mash squash and use it in any recipe that calls for canned pumpkin.



Healthy and Delicious Kid-Friendly Recipes

Pumpkin Pancakes

- 1 large egg
- 1/2 cup canned pumpkin or cooked, pureed winter squash
- 1 3/4 cups fat-free milk
- 2 tablespoons vegetable oil
- 2 cups whole wheat flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- Non-stick cooking spray



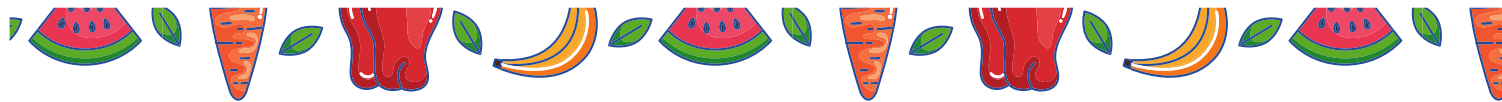
1. Beat egg, pumpkin, milk and oil in large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. Heat griddle over medium heat. Lightly spray with non-stick cooking spray.
4. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until pancakes bubble, flip, then cook until golden brown.



Apple Cinnamon Wrap and Roll

- 1 teaspoon cinnamon
- 3 tablespoons sugar
- 2 apples (2 cups sliced)
- 1/3 cup low fat vanilla yogurt
- 4 (6 inch) whole grain flour tortillas
- 2 teaspoons vegetable oil

1. Mix cinnamon and sugar in a small bowl. Set aside.
2. Wash and cut apples into thin slices. Place in medium bowl and add yogurt, stirring to combine.
3. Lay tortilla flat on plate. Lightly coat one side with about 1/2 teaspoon oil. Sprinkle with one spoonful of sugar and cinnamon mixture.
4. Flip tortilla so un-oiled side is up. Using 1/4 of apple mixture, fill half of tortilla, folding other half over mixture.
5. Place folded tortilla in frying pan and cook on medium heat for about 1 minute, or until lightly browned. Flip to cook other side.
6. Remove from pan and cut in half.
7. Repeat with remaining tortillas.



Fall Farmers Markets

Many farmer's markets are open through October! Check the sites in your town and nearby for fresh fruits and vegetables. Many markets offer a bonus for shopping with your SNAP (EBT) card.

Visit <https://guide.farmfreshri.org> to find a market near you!



Explore Rhode Island


Check out local towns for **fall festivals** with free activities.
<https://bestthingsri.com/fall-festivals/>





Travel around the state and visit the many different **playgrounds**.
<https://www.onlyinyourstate.com/rhode-island/outdoor-playgrounds-ri/>

Find a "**pick your own**" orchard for fresh fruits and vegetables you can pick yourself.
<https://www.visitri.com/state/pick-your-own-farms/>

Keeping Active in the Fall

 Get outside! **Go for a family walk** and see the leaves changing color. How do they change from week to week? Collect some leaves for future art projects.
<https://www.rimonthly.com/fall-hikes-in-rhode-island/>

 **Create a nature scavenger hunt** including physical activity. Collect fall treasures such as twigs, acorns and leaves of different colors while hopping, skipping and jumping.

 **Put a twist on classic games.**

- Grab an old sheet and put leaves (or paper leaves) in the middle and have the children lift the sheet and watch the leaves float down.
- Have a race to see who can fill up a basket with leaves first!
- Instead of duck, duck, goose - play leaf, leaf, acorn to get the kids up and moving.

